

Eagle View Adult Center

March & April 2016



Class & Event Registration begins Mon. Feb 29

Trip Registration begins Tues. Mar 1

1150 Prairie Center Parkway, Brighton, CO 80601 303-655-2075

Center Information

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Hours: Monday - Friday 8:00 a.m. - 4:00 p.m.

Phone: 303-655-2075

Location: 1150 Prairie Center Parkway

Brighton, CO 80601

Eagle View Center Staff

Sue Corbett - Director

Donna Singer - Program Coordinator

Ermie Marquez - Information & Referral

Gayle Martinez - Administrative Assistant

Becky Eichem - Front Desk Receptionist

Christina Harris - Trip Coordinator

Eleanor Maestas - VOA Meal Site Coordinator

Lucy Castro - Custodial Staff

Sue Wingen - VNA Nurse

On The Cover: Volunteers make EVAC such a fun place to be. Pictured are some of the Thursday lunch crew. (Back l-r) Barbara, Phil, Dick, Chuck (Front l-r) Marilyn, Mary, Jo, Mary

VOA Lunch

A hot, nutritious lunch is provided by Volunteers of America, **Monday - Thursday**. Lunch is served at 11:30 a.m. Reserve your meal **2 working days in advance** by calling 303-655-2271 (Mon - Thurs, 10 a.m. - 1 p.m.)

Daily meal donations are appreciated. \$2.50 Donation per meal if age 60+

\$7.25 Mandatory charge if under 60

REGISTRATION PROCEDURES

CLASSES & HAPPENINGS REGISTRATION begins on Monday, Feb 29 at 8:00 a.m.

• Registration is on a first-come, first-serve basis. You can register for yourself and one other person. Cash or checks only, no credit cards accepted. No trip registration.

TRIP REGISTRATION starts Tues. March 1 and is held as a LOTTERY.

- Doors open at 8:00 a.m. to fill out your registration form. Breakfast refreshments provided by **Right at Home**.
- To be in the first round of trip registration, be in the dining room between 8:00 8:25 a.m. to draw a number. Numbers are randomly drawn, so there is no advantage to picking first.
- Registration begins at 8:30 a.m. for people with lottery numbers. During this time, you can register for yourself and only one other person. You may also register for classes and happenings at this time. No credit cards.
- When lottery registration is over (approximately 11:00 a.m.), we will re-open registration on a first-come, first-serve basis.
- After March 1, register for all activities and trips at the front desk during business hours.
- Registration is taken until the deadline date listed for each activity OR until all spaces have been filled. Don't wait - activities fill fast!

Senior Wellness Clinic

The Wellness Clinic focuses on health promotion and disease prevention for seniors 55+. Operated by Visiting Nurses Association (VNA), services include foot care, health checks, and blood pressure checks. Medical foot care fee is \$25, paid at your appointment. Foot care is Kaiser covered with pre-approval. Appointments are required - 303-655-2075.

Clinic hours: 9:00 a.m. - 3:00 p.m. Thursdays Mar 3 - 24, Apr 7 - 28 Fridays Mar 18 & Apr 15

Continuous Drop-in Activities

Cards, Cards!

Meet friends for an afternoon or morning of fun. New players are welcome. Questions? Call the volunteer listed

Hand and Foot

1:00 - 3:30 p.m. Mondays Room: Hawk/Heron Linda 303-910-4221

UNO

10:00 - 11:30 a.m. Tuesdays Room: Brown

Pinochle Pals

12:30 - 3:30 p.m. Tuesdays Room: Hawk/Heron Sandy 303-288-1489 Chama 720-244-6216

Cribbage

12:30 - 3:30 p.m. Wednesdays Room: Falcon Chuck 720-685-3369

Bridge

12:30 - 3:30 p.m. Fridays Room: Hawk/Heron Judy 303-378-5226

Pitch

12:30 - 3:30 p.m. Fridays Room: Falcon Shirley 720-685-3369 Welcome to Dottie LaFleur, a new exercise instructor. She currently teaches our drop-in exercise class Mon/Wed/Fri at 10:00 a.m.

Bingo

No fee - just fun! Prizes vary from bakery goods to "white elephant" gifts. We play immediately following VOA lunch. If you have items to donate for bingo, please drop off at the front desk.

12:00 - 12:45 p.m. Mondays & Thursdays

Computers Available

Computers with free internet are available when the Falcon Room is not occupied. See front desk to use the free Wi-Fi.

Color Me - Drop-in

We are providing drop-in time for our patrons to color together! You provide your own supplies - pencils, markers, coloring pages, etc.

1:00 - 2:30 p.m. Mondays 25¢ per day

Ladies Billiards

Ladies, drop-in for some "women only" billiards. No men please.

1:00 – 4:00 p.m. Mondays 25¢ per day



Police Time

Officer Sharon Wazny is here to answer safety or police questions. 11:30 a.m. - 12:30 p.m. Tuesdays

Wii Bowling

With the TV and Wii, you can "bowl" from a chair or standing. If you can swing your arm, you can Wii bowl.

10:00 – 11:30 a.m. Wednesdays

Mexican Train Dominos

This is an easy game to learn - it's regular dominos with a fun twist.

12:30 - 3:30 p.m. Wednesdays

Scrabble

Play Scrabble with others who enjoy the game.

1:00 - 3:30 p.m. Wednesdays

Knit & Crochet Drop-in

Drop-in to knit or crochet. No instructors, but friendly help available.

9:00 – 10:30 a.m. Thursdays 25¢ per week Copies cost 10¢ per page

Lending Library

Borrow books from the library for free.

<u>Do NOT re-shelve books</u>; our great volunteer librarians do that! **No hard back books accepted unless they are Large Print!**

Massage

Certified massage therapist, Bonita Rose, provides massage services in our wellness clinic. Half hour or one hour appointments are available for target area or full body massages. Call 303-655-2075 for an appointment. Pay Bonita at the time of service.

> 9:30 a.m. – 11:30 a.m. Wed. Mar 2 - Apr 27 ½ hour - \$26 1 hour - \$41 Deadline: Two days ahead

Blood Pressure Screening

The wonderful firefighters from the Brighton Fire Department perform free blood pressure checks at Eagle View. Stop by! 10:30 - 11:30 am Mar 3 & Mar 21

Dementia Caregiver Support Group

Are you caring for someone with Alzheimer's disease or another form of dementia? This group gives caregivers the opportunity to share their concerns, coping techniques, and tips for caring for a loved one with dementia. This evening support group is sponsored by the Alzheimer's Association and led by Sue Herzog.

6:00 – 7:00 p.m. Thurs. Mar 3 Free – Drop-in

Tues & Wed Gift Cards

Win a \$10 gift card thanks to the generosity of the Senior Advisory Board. Each day you eat VOA lunch on Tuesday or Wednesday your name gets in the end of month drawing. The more times you eat the better your chances. Bring a friend and get your name in twice!

Medicare Counseling

If you need help with Medicare issues, you can receive one-on-one assistance from our SHIP counselor, William Kistler, who is specially trained on Medicare insurance programs. Call Ermie at 303-655-2079 to make an appointment. Adams County residents with general questions about Medicare can also call Centura Health Links directly at 720-321-8850.

12 noon - 3:30 p.m. Tuesdays Mar 8 & 22

Trip Council

Are you an idea person who loves trips? If you want to join in the discussion of planning our trips here at EVAC, then this is the group for you. We will meet three times a year. We will discuss the nuts and bolts of trips that will entertain, equip, and enrich our lives.

9:00 a.m. Wed. Mar 9 Deadline Tues, Mar 8

Caregivers Support Group

Are you a caregiver of a loved one or friend? Learn helpful caregiving tips and free or low cost resources to help you. Gain valuable insight from other caregivers. Mary Thatcher from the Senior Hub (303-426-4408) facilitates the drop-in group.

10:00 – 11:30 a.m. Thurs. Mar 10

Bunco

Bunco is an easy and fun game of dice. Enjoy an afternoon of laughter, refreshments, and prizes. Bunco fills up fast so don't wait to register!

1:00 p.m. Thursdays Mar 10 & 31 \$4

Deadline: Tues. before

Friday Feast

We were able to re-book Gary Lee for the March Friday Feast. Gary plays the Morrison Digital Trumpet, which makes this a truly unique experience. His program "Show Songs through the Decades" will feature songs from the 40s to the 70s. Something for everyone! Our meal will be EVAC's special tomato soup and grilled cheese sandwich. Dessert provided by Inglenook.

12:00 noon Fri. Mar 11

\$4

Deadline: Wed. Mar 9

Saturday, March 5 Spaghetti Luncheon See Back page for details



March Happenings

It's an Emergency, Are You Ready?

Learn abut the hazards affecting Brighton residents and leave with basic skills, tools, and knowledge to be better prepared for an emergency. You will also learn about emergency notifications and be given the option of signing up after class.

> 1:15 p.m. Mon. Mar 14 Deadline: Thurs. Mar 10

Healthy Tips

For St. Patrick's Day eat your GREENS! Betty Stephenson shares the most recent research about healthy eating. Call Eleanor at 303-655-2271 by Tuesday for lunch reservations

11:00 a.m. Thurs. Mar 17

Green Bingo

We will be playing GREEN Bingo where most of the prizes are green or related to "going Green" for the environment.

> 12:00 noon Thurs. Mar 17

Treating Hand Arthritis

Are you dealing with pain in your hands due to arthritis? Meet with PVMC's new hand surgeon, Dr. John Mangelson, for an informative discussion on treating this condition. Talk is sponsored by the Platte Valley Medical Center.

12 noon – 1:00 p.m. Fri. Mar 18 Deadline: Wed. Mar 16

Super Bowl Slideshow

Long time Bronco fan and EVAC staff member,
Donna Singer, had the wonderful opportunity to go to Super Bowl 50 and see the Broncos win!
Everyone said they wanted to see pictures when she returned . . . so join us as Donna shares the "Big Game" experience.

10:00 – 11:00 a.m. Thurs. Mar 24

Deadline: Wed. Mar 23

Immune System and Macular Degeneration

Melanie Shotwell will discuss the immune system and macular degeneration. Learn about the AREDS Formulation (a vitamin) for age–related macular degeneration. Everyone is welcome to attend this free talk, which is part of our Low Vision Support Group. This group gives seniors 55+ with low vision a chance to connect with peers and find out about vision resources. For questions call 720-308-7705.

1:00 – 2:00 p.m. Mon. Mar 28 Free

Low Vision Technology Support

Do you have low vision problems and struggle to use technology like an I-Pad, computer, or smart phone? Discover tips to make technology easier as your sight is declining. Anyone with low vision issues is welcome. Also learn how to use specialized low vision technology. Led by Petr

Kucheryavyy. For questions: Melanie Shotwell 720-308-7705 2:00 – 3:30 p.m. Mon. Mar 28

Cribbage Tournament

Our cribbage tournament includes prize winnings, refreshments, and lots of fun. Just drop-in and pay fee to the tournament volunteer.

12:30 p.m. Wed. Mar 30 \$4

Reader's Theatre Performance

Reader's Theatre performances are a lot of fun and only last about 20 minutes - plenty of time to take advantage of the VOA lunch afterwards. Come support our hard-working troupe!

11:00 a.m. Thurs. Mar 31



Spaghetti Luncheon
Sat. Mar 5
11 a.m. - 2 p.m.
\$7 adults
\$4 children
Advance tickets or
Pay at the Door

April Happenings

Movie: The Martian (PG)

When astronauts blast off from the planet Mars, they leave behind Mark Watney (Matt Damon), presumed dead after a fierce storm. With meager supplies Mark must find a way to survive on the hostile planet. Meanwhile, NASA works tirelessly to bring him home, while his crew mates hatch their own plan for a rescue mission.

12:30 - 3:15 p.m.

Fri. Apr 1 Free

Deadline: Thurs. Mar 31

Home Energy Efficiency

Tom Green from United Power will be here to demonstrate a new program that will help you save money on your utility bills.

> 1:30 p.m. Mon. Apr 4 Free

Deadline: Thurs. Mar 31

Walk On!

Join us as we explore
Brighton area trails, socialize,
and enjoy the first signs of
spring. First day meet at
EVAC Lobby and after that
we will meet at selected
locations. Wear good walking
shoes and bring water.
Leader: Olly Ramirez.

9:00 a.m. Wednesdays Apr 6 - 27 \$2 fee to join

Carol Burnett on Video

The first five seasons of "The Carol Burnett Show" have not been seen since they were first aired because there were no reruns. Watch 90 minutes of Carol Burnett fun.

1:15 p.m. Thurs. Apr 7 Free

Deadline: Wed. Apr 6

Friday Feast

Big Jim Condor exhibits his own brand of humor and music as he sings and plays keyboard. Hear a nostalgic mix of songs of the '30s, '40s, '50s and '60s. Smiles, fun and great memories are Big Jim's goals. Our meal will be New England style clam chowder, roll and fruit salad. Cookies provided by Brookdale.

12:00 noon Fri. Apr 8

\$4

Deadline: Wed. Apr 6

Medicaid 101

This informal, interactive presentation will include basic requirements and qualifications for various Medicaid programs. Get questions answered! Free but pre-registration is required.

10:00 - 11:00 a.m. Mon. Apr 11

Deadline: Thurs. Apr 7

Rocky Mountain Senior Games 2016 June 8 -12, 2016 in Greeley, CO

If you swim, run, walk, bike, bowl, shoot pool, play tennis, golf, shoot hoops, or participate in another sport, join us at the Rocky Mountain Senior Games in Greeley on June 8 - 12. The Games are fun competition in over 25 sports for adults age 50 - 100, of all abilities. Compete in male or female divisions in 5-year age categories (50-54, 55-59, 60-64, etc.). Registration forms available after April 1st at Eagle View or you can request that one be mailed to you by calling RMSG at 1-970-350-9433 or emailing your address to www.rockymountainseniorgames.com.

Brighton team members, new and existing, are asked to attend a team meeting at the Eagle View Adult Center on Tues. April 12 at 3:00 p.m. Learn about the games, meet the team, and turn in your registration papers (if ready). Spaghetti luncheon profits will fund team shirts and a portion of the registration fee. Registration forms are due to Becky or Donna by Monday, May 2, by 4:00 p.m. *If you are joining the Brighton Team please do not register on-line!* You can register for the Games after May 2, however there is no guarantee of a Brighton team shirt or financial support. Need more info? Call Donna at 303-655-2077.

Team Meeting: <u>Tuesday, April 12 at 3:00 p.m.</u>
Team Registration Form Due: <u>Monday, May 2 before 4:00 p.m.</u>

April Happenings

Registration for ALL Happenings begins Mon. Feb 29

Pre-Diabetes and Diabetes

What is pre-diabetes and what does it mean for the future of your health? Don't deal with Pre-diabetes or Diabetes alone. Join Dr. Seth Kramer for an indepth look at these conditions. This program is sponsored by Platte Valley Medical Center.

12:00 – 1:00 p.m. Fri. Apr 15

Deadline: Wed. Apr 13

Who Will Take Care of My Pets?

Have you ever wondered what's going to happen to Lucky or Fido after you can no longer take care of them? An experienced estate planning attorney will discuss ways that you can help protect and provide for your pet in the event of your disability and after your death. A lawyer

from Dolan & Associates, P.C. will lead the program.

1:30 p.m. Wed. Apr 20 Free

Deadline: Mon. Apr 18

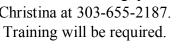
Service Animals for Visual Impairments & Low Vision Support Group

Come learn about how service animals can help if you have visual impairment. Melanie Shotwell will discuss service animals – including miniature horses! YES, horses! Everyone is welcome to attend this free talk which is part of the Low Vision Support Group at Eagle View. The drop-in support group gives seniors 55+ with low vision the opportunity to connect with peers to receive emotional support, maintain hope, and find out about resources. For questions call Melanie Shotwell at 720-308-7705.

> 1:00 – 2:00 p.m. Mon. Apr 25 Free

Outdoor Trip Leaders Needed

Exercise your mind, body and spirit!
Help lead hikes, snowshoe outings, and trips to the beautiful Colorado outdoors just like George Phillips! If you are interested in volunteering, please call Christina at 303-655-2187.





More April Happenings

Descriptions on Page 4 & 5

Medicare Counseling

Tues. Apr 5 & 19 By appointment

Dementia Support Group

Thurs. Apr 7 6:00 p.m.

Blood Pressure Screening

Apr 11 & 28 10:30 a.m.

Caregivers Support Group

Thurs. Apr 14 10:00 a.m.

Bunco

Thurs. Apr 14 & 28 1:00 p.m.

Healthy Tips

Thurs. Apr 21 11:00 a.m.

Low Vision Support Group

Mon. Apr 25 1:00 p.m.

Low Vision Technology Help

Mon. Apr 25 2:00 p.m.

Cribbage Tournament

Wed. Apr 27 12:30 p.m.

Readers Theatre Performance

Thurs. Apr 28 11:00 a.m.

Registration for ALL Trips begins on Tues. Mar 1 See Page 2 for details.



Denotes Lots of Walking

Shen Yun By Request

Falun Dafa Association of Colorado presents *Shen Yun* at the Buell. Be prepared to be amazed and inspired by an art form thousands of years old. Classical Chinese dance has it all . . . grace, beauty, energy, thrilling leaps and spins. It has been cultivated over millennia to become the comprehensive dance system we know today one that is both elegant and athletic.

6:00 p.m. Fri. Mar 4 \$66 (No meal) Deadline: Thurs. Mar 3 by noon

The Welsh Rabbit Cheese Bistro

By Request

Join us for lunch at a delightful and unique restaurant in Fort Collins. The Welsh Rabbit Cheese Bistro provides a warm, inviting space with Old World charm for enjoying good things with good people. This location has taken on a life of its own, while still expressing the values of quality, simplicity, a slow pace, and friendship. Yummy

food including cheese plates, bruschetta, and creative salads and sandwiches.

> 10:45 a.m. Mon. Mar 7 \$4 (plus meal \$15+) Deadline: Fri. Mar 4

Dance, Dance, Dance By Request

By request, we are heading back to the Longmont Senior Center to join in the fun at their Thursday evening dance. Join us for some foot tapping, body moving FUN! A variety of music will be playing, Ballroom, Big Band, Latin, and Swing. You will find old friends and make some new ones. Both singles and couples can enjoy the fun!

6:00 p.m. Thurs. Mar 10 \$8 Deadline: Tues. Mar 8

Dixie Swim Club By Request

Five Southern women, whose friendships began many years ago on their college swim team, set aside a long weekend every August to recharge those relationships. Free from husbands, kids, and jobs, they meet at the same beach cottage in North Carolina to catch up, laugh, and meddle in each other's lives. A hilarious, touching comedy about friendships that

last forever at the Union Colony Civic Center in Greeley.

12:30 p.m. Sun. Mar 13 \$22 (No meal)

Deadline: Thurs. Mar 3

Gambling -Mardi Gras



Let us do the driving and try your luck at the Mardi Gras Casino in Black Hawk. Bring your players card for a \$10 food credit, \$5 free play (loaded on player's card – must have a pin number) and a candy bar upon your departure. We leave Black Hawk at 3:00 p.m.

8:45 a.m. Tues. Mar 15 \$16

Deadline: Thurs. Mar 10 by 12 noon.

Snowshoe to Bierstadt By Request

Join us on a snowshoeing ecology adventure to Bierstadt Lake in the Rocky Mountain National Park. A Park Ranger will lead this adventure of education and breathtaking beauty on the 3 mile roundtrip snowshoe hike. The elevation increase is gradual and only 600 ft. with plenty of opportunity to enjoy the sights. Pack your lunch for a meal in the midst of a natural wonderland.

7:30 a.m. Wed. Mar 16 \$13 (Pack your lunch) Deadline: Thurs. Mar 10

Stranahans Whiskey

Join us as we celebrate St.
Patrick's Day by experiencing the first Colorado-born whiskey. Stranahans in Denver is dedicated to making the smoothest, most distinctively-flavored whiskey on the market using hand-crafted distilling techniques and Colorado's finest natural ingredients. We will grab lunch at Pasquini's on the way. Temps in the distillery can be chilly – dress warmly.

10:15 a.m. Thurs. Mar 17 \$6 (plus meal \$15+) Deadline: Thurs. Mar 3 by noon

Peter and the Starcatcher

Peter and the Starcatcher, the most magical evening of madcap fun is now at the Boulder Dinner Theatre. Hailed by The New York Times as the most exhilarating storytelling on Broadway in decades, this musical play takes a hilarious romp through the Neverland you never knew. The winner of Five Tony Awards, this swashbuckling prequel to Peter Pan will have you hooked from the moment you let your imagination take flight.

11:15 a.m. Sun. Mar 20 \$54

Deadline: Mon. Mar 7

by noon

Glen Eyrie Tea By Request

Castles? In Colorado? Yes! Immerse yourself in the history of Glen Eyrie, from General Palmer to The Navigators, with a guided castle tour. Top the morning off with an elegant tea. This trip to Colorado Springs is a wonderful delight of castles, the beauty of nature, and yummy food.

9:00 a.m. Tues. Mar 22 \$50

Deadline: Thurs. Mar 3

by noon

England's West Country

We're off to Northglenn to experience England's West Country which is made up of four diverse and fascinating counties: Somerset, Dorset, Devon and Cornwall. You will visit Wells, Glastonbury, Cheddar Gorge, the Dartmoor and Somerset Folk Festivals, and have glimpses into England's colorful history. Wander from Bath, England into the legendary lands of King Arthur, the fictional Wessex of Thomas Hardy, and the home of writer Agatha Christie. Lunch at Taziki's on the way home. 9·15 a m

> Wed. Mar 23 \$11 (plus meal \$15+) Deadline: Fri. Mar 4

Powwow

Since 1984, the heritage of American Indians has been celebrated in Denver at the Denver March Powwow, one of the largest events of its kind in the country. This event features more than 1,600 dancers from close to 100 tribes from 38 states and three Canadian provinces. The modern Powwow, held at the Denver Coliseum, will also have arts, crafts and food vendors for your enjoyment.

9:15 a.m. Sat. Mar 26 \$15 (plus food \$10+) Deadline: Fri. Mar 18

Bowling for Fun! Coal Creek By Request

We know you missed it! We heard you say "I like bowling in Lafayette." So here it is... join us for bowling just for fun at one of our favorite locations. Coal Creek is excited to welcome you back. Lunch afterward at Fire House Subs.

9:00 a.m. Wed. Mar 30 \$13 (plus meal \$10+) Deadline: Wed. Mar 16

REMEMBER:

Please arrive 15 minutes
BEFORE the published
leave time for all trips so
we can leave on time especially in the winter!

Registration for ALL Trips begins on Tues. Mar 1 See Page 2 for details.

Ragtime, The Musical

Join us at the Lakewood Cultural Center for this Tony Award winner for Best Score, Book, and Orchestrations. *Ragtime* paints a timeless and powerful musical portrait of America in the early 20th century. At the dawn of a new era, everything is changing and anything is possible. Set in the melting pot of New York City, *Ragtime* weaves together the tale of three families struggling to pursue the American dream.

12:45 p.m. Sat. Apr 2 \$32 (No meal) Deadline: Fri. Mar 4 by noon

Broadmoor & the Bee Back by POPULAR DEMAND

This is for those of you still wanting to stroll through the beautiful Broadmoor and enjoy a delightful lunch. Please join us as we head back to Colorado Springs for a historical tour of this beautiful hotel. Lunch before at a 19th century English Pub - The Golden Bee.

9:30 a.m. Mon. Apr 4 \$15 (plus meal \$15+) Deadline: Mon. Mar 21

Grandmother's House Boutique

Grandmother's House
Boutique in Golden has been
hosting Colorado's finest Gift
Markets and Craft shows for
33 years. The trademark of
this show is juried, exceptional
artisans selling a wide variety
of products. "It's not just
shopping, it's tradition!"
Something for everyone all
under one roof. A fine
shopping experience and
lunch on the way home at
Toppings & More in Golden.

9:00 a.m. Sat. Apr 9 \$8 (plus meal \$10+) Deadline: Thurs. Mar 31

Gambling – The Reserve

Show me the MONEY\$\$! Gamble your hearts away (but not all your money) as we head back up the hill to the Reserve Casino. Get \$10 free play, \$10 match play at tables, and \$5 food credit (loaded on your players card - must have your pin number). Sign up early as our gambling trips tend to fill up quickly. The bus will leave for home at 3:00 p.m. sharp.

8:45 a.m. Tues. Apr 12 \$16 Deadline: Thurs. Apr 7 by12 noon

The World of the Bear

Northglenn's popular travel film series will take you



straight into the world of bears. These beautiful creatures hold a great fascination for many people as evidenced by the popularity of the teddy bear, Yogi Bear, and Gentle Ben. The film begins in Ontario, travels to British Columbia, and pushes further north into Alaska highlighting bears of each region. Join us for all things bear and lunch at Bad Daddy's Burgers afterwards.

9:15 a.m. Wed. Apr 13 \$11 (plus meal \$15+) Deadline: Wed. Mar 30

5280 A Capella

Named one of the "Top Vocal Groups" in Denver, 5280 A Capella brings a burst of infectious energy to the stage in Northglenn. They take their audiences on an entertaining journey over the landscape of American music with jaunts through: rock & roll, jazz, country, folk, soul, doo-wop, sixties, eighties, nineties, and pop hits from today.

6:30 p.m. Fri. Apr 15 \$13 (No meal)

Deadline: Thurs. Mar 31

April Trips

School House Kitchen

We are headed back to school for a delightful lunch. School House Kitchen & Libations is located in the heart of Historic Olde Town Arvada. Built inside of the original Arvada schoolhouse, constructed in 1882, School House offers hundreds of different whiskeys, over 50 beers, and a sizable menu that is sure to please all.

10:00 a.m. Mon. April 18 \$4 (plus meal \$15+) Deadline: Mon. Apr 11

ACAN Expo

We invite you to join us and Adams County Aging Network at the Fairgrounds as they host over 250 resources and companies for a one day event that is focused on enriching your mind, your body, and your spirit. A day full of education and information to assist you in living well. Breakfast and lunch are included in registration.

7:30 a.m. Thurs. Apr 21 \$15

Deadline: Thurs. Mar 24

Rockies vs Dodgers

"Take me out to the ballgame, take me out with the crowd. Buy me some peanuts and Crackerjacks." It's that time again folks. We've been cooped up all winter. Let's head to Coors Field to support

our Rockies team against the Dodgers and take in some baseball. Two handicap seats available. Pack munchies or buy food on site.

> 2:45 p.m. Sun. Apr 24 \$16 Deadline: Thurs. Mar 31

Mystery Trip

Are you ready for a Mystery? This adventure will be in Denver. A unique trip indeed, for it requires logic, ability to work as a team, and an investigative spirit. This is a great opportunity to get your friends together or make new ones. One must feel comfortable locked in a closed room with your team. Bring your reading glasses and wear good shoes. Lunch on the way home.

9:15 a.m. Wed. Apr 27 \$29 (plus meal \$10+) Deadline: Tues. Apr 5

Dazzle Jazz

Return with us to Denver's only lunchtime jazz club. Dazzle features a lunchtime "Jazz Jam Session" hosted by Ron Bland. We will enjoy a delicious lunch from their full menu and soak in the jazz of some amazing musicians.

10:00 a.m. Fri. Apr 29 \$6 (plus meal \$15+) Deadline Thurs. Mar 31

May Trip with April Deadline

Rockies vs Mets

"I don't care if I ever get back, let me root, root, root for the home team, if they don't win it's a shame." This is an early registration for the May Rockies Game. Join us as we head over to Coors Field to support our Colorado Rockies against the NY Mets. Two handicap seats available. Pack munchies or buy food on site.

2:45 p.m. Sun. May 15 \$16

Deadline: Fri. Apr 22

Weather Cancellations

య్లోం చేస్తుం చేస్తుం

In case of bad weather, the decision to cancel a trip will be made by the staff and/or van driver(s). Since Colorado weather changes so rapidly, we will usually not make this decision until 1 - 3 hours before a trip.

When EVAC cancels a trip you will be notified by phone and will receive a full refund for the event. Events will not be rescheduled.

Please note: If you decide
to cancel BEFORE a
decision is made by EVAC
normal cancellation policies
apply. See page 15.

Registration for ALL CLASSES begins Mon. Feb 29

AARP Smart Driver Course

Take AARP's driving refresher course of safe driving practices and the rules of the road. Most companies offer a discount upon completion of the course.

Fri. Apr 29 12 noon - 4:30 p.m. \$15 – AARP member \$20 – Non-member Deadline: Wed. Apr 27

Bridge – Beginning

Beginning bridge is open to anyone desiring to learn bridge fundamentals. No prior knowledge of how to play bridge is preferred for this class. Instruction will begin with learning the fundamentals followed by practice. Evaluation of hands and how to score will also be included. Instructor: Bobbi Jo Unruh. No class on March 24.

10:00 – 11:00 a.m. Thursdays Mar 3 – Apr 28 \$12 (8 wks) Deadline: Wed. Mar 2

Bridge Level II (Enhancing Your Game)

This class is for participants who know basic bridge fundamentals. A review of these fundamentals will be followed by expanding your

knowledge of bridge playing: evaluating bridge hands through bidding; most prominently used conventions; correct scoring; and how to play hands and read game play. The differences between party bridge, regular bridge, and duplicate bridge will be explored as well. Instructor: Bobbi Jo Unruh. No class on March 24.

8:45 - 9:45 a.m. Thursdays Mar 3 – Apr 28 \$12 (8 wks) Deadline: Wed. Mar 2

Craft Time

We provide space to work on any DRY craft hobby such as tatting, knitting, crocheting, Japanese bunka, beading, and jewelry making.

> 10:00 a.m. Mondays Mar 7 – Apr 25 \$4 Deadline: Join any time

Diabetes Prevention Program

Current Participants only: 1:00 - 2:00 p.m. Mondays Mar 7, 21, Apr 4

Exercise

Dottie LaFleur leads an exercise class for people of all fitness levels. Exercises are done using a chair for standing support and seated exercises. Dottie is an instructor in the Brighton Recreation Center's

Silver Sneakers program and is substituting for our beloved Lois Burrell until her return.

> 10:00 - 11:00 a.m. Mon/Wed/Fri Mar 2 – Apr 29 \$1 per day, drop-in

Fit Ball Class

Fit balls are a wonderful way for seniors to improve balance, flexibility and core strength. Marti Duquette, instructor and physical therapist from PVMC, can show you ways to modify any of the exercises. All fitness levels welcome.

10:30 - 11:30 a.m. Thursdays Session I: Mar 3 - 31 \$25 (5 wks) Deadline: Wed. Mar 2 Session II: April 7 - 28 \$20 (4 wks) Deadline: Wed. April 6

Folded Book Art – Patterns

Learn how to mark a book for folding using patterns and a ruler. You will purchase your own used or new book based on guidelines given to you at registration. Pattern choices: the words Retired, Dream, Family or the shapes Love w/Heart, Christian fish symbol. Instructor: Ellie Davis.

1:30 – 3:45 p.m. Mondays Apr 11 - 25 \$10 (3 wks)

Deadline: Mon. Mar 28

Folded Book Art – Pre-Marked

Ellie Davis will teach you the art of folding books. In this class, you will fold a premarked book. Choose from the words Love, Joy, Mom or the shapes of Darth Vader, Yoda, or a flower. Cost includes instruction and specially ordered books. Choose your pattern at registration.

12:00 – 1:15 p.m. Mondays Apr 11 & 18 \$15

Deadline: Mon. Mar 28

Genealogy

Find your ancestors and record the information using the computer and other resources. Facilitators Sheryl Johnson and Fred Trail will show you free and "for a fee" websites to search your family tree. Class limited to three people on our computers. Five additional students can bring a laptop or I-device with wireless capabilities and a flash drive. Computer ability necessary. No class April 22.

9:00 – 10:30 a.m. Fridays Mar 4 – Apr 29 \$8 (8 wks) Deadline: Thurs. Mar 3

Greeting Cards

Ella Hastman teaches you how to make amazing greeting cards using a variety of materials. At least two cards completed per class. Instructor furnishes all supplies including envelopes. 9:30 - 11:30 a.m.

> Fridays Mar 11, 18, Apr 8, 29 \$5 per class meeting Deadline: Wed. before

Healthy Minds

A healthier mind could mean a healthier you! Change the way you think and you will change the way you live! Are you experiencing changes in your health or being crushed by life circumstances such as retirement, divorce, or widowhood - and you just can't seem to move forward? Then come support one another in changing the way you think. Led by Dolores Folkenroth. No class on March 23.

9:30 - 11:00 a.m. Wednesdays Mar 2 – Apr 27 \$2 (8wks) Deadline: Tues, Mar 1

History: The Bill of Rights

This session we will examine what were the conditions that brought about the Bill of Rights and what problems were addressed that made the Bill of Rights so important to the people of that era. Bob Ellis will facilitate conversational learning.

Class A: 9:00 – 10:00 a.m. Class B: 10:15 – 11:15 am Mondays Mar 7 – Apr 25 \$3 (8 wks) Deadline: Thurs. Mar 3

Japanese Bunka Embroidery

Learn this ancient art. Make beautiful framed art by "punching" thread through stretched fabric with a special tool. Supplies and kits available for purchase from instructor, Donna Heneger. Beginners welcome, kit provided.

10:00 a.m. – 12:00 noon Wednesdays Mar 9 – April 27 \$40 (8 wks) Deadline: Tues. Mar 8

Line Dance - Beginner

This class is for those who are new to line dancing. Instructor Judy Yamakishi will teach you basic steps. You will then learn one or two dances per class. No class March 25.

8:30 - 9:25 a.m. Fridays \$20 (4 wks)

Session I: Mar 4 – Apr 1 Deadline: Thur. Mar 3 Session II: Apr 8 – 29 Deadline: Thurs. Apr 7

Line Dance – Level 2

Learn the newest line dance routines! Some experience in line dancing is necessary. If you've taken Beginning Line Dancing several times consider moving up. No class March 25.

9:30 - 10:30 a.m. Fridays \$20 (4 wks)

Session I: Mar 4 – Apr 1 Deadline: Thurs. Mar 3

Session II: Apr 8 – 29 Deadline: Thurs. Apr 7

Registration for ALL CLASSES begins Mon. Feb 29

Mindfulness for Health and Wellbeing

Learn simple techniques to develop mindfulness in daily life - to improve your immune systems, increase brain function, stabilize sleep habits, deepen relationships, alleviate depression - and that's the short list! Come relax and learn to enjoy the moment. Instructor: Ron Liggett.

1:00 - 2:00 p.m. Tuesdays \$10 (4 wks)

Session I: Mar 8 - 29 Deadline: Mon. Mar 7 Session II: Apr 5 - 26

Deadline: Mon. Apr 4

Oil Painting

Instructor Judy Schissler welcomes all levels of artists into oil painting class. Veteran painters work on their choice of paintings. Beginners choose from pre selected paintings to learn basic skills. Four slots are reserved for beginners. Tell us at registration if you are a beginner.

9:00 a.m. – 12 noon Tuesdays \$15 (4 wks)

Session I: Mar 8 - 29 Deadline: Mon. Mar 7 Session II: April 5 - 26 Deadline: Mon. Apr 4

Pewter Hummingbirds

Don and Kay Norris of Silver Creations will teach you about working with pewter and demonstrate pewter casting. Each student will then cast a pewter hummingbird or butterfly by ladling pewter into rubber molds. For \$10 more (payable to instructor) you can cast an additional item.

9:00 a.m. – 12 noon Wed. Apr 27 \$22

Deadline: Mon. Apr 25

Pine Needle Jewelry

Come cast you own sterling silver pendant using a technique invented by instructor Don Norris of Silver Creations. You will be pouring nearly one half ounce of melted sterling silver into a bundle of pine needles. You then pull away the needles to uncover your truly unique pendant. Mr. Norris will solder a ring on your casting so it can be worn on the provided chain.

1:00 – 4:00 p.m. Wed. Apr 27 \$37

Deadline: Tues. Apr 26

Quilting Beginning – Small Quilt

We will be making a table runner and learning how to do paper piecing. Paper piecing makes a more professional looking finished product when quilting. Supply list and patterns will be available the first day of class. If you have never quilted before, please talk to instructor, Teri Hendrickson, before purchasing any tools. You will need to bring a sewing machine to class after the first day. No class on April 22.

1:00 – 3:00 p.m. Fridays Mar 4 – Apr 29 \$15 (8 wks) Deadline: Thurs. Mar 3

Quilting Intermediate – Big Quilts

Join us this session for making some Big Quilts. These quilts are made using larger pieces and making larger blocks. You can make any size quilt you wish, from lap size to king using the larger pieces/larger blocks technique. You will choose your pattern and determine your supply list on the first day of class. Because of the numbers of people wishing to take quilting, there will be two class sessions available. You can only sign up for one session and must attend class only in the time slot for which you are registered.

> Class A: 12:00 - 2:00 pm Class B: 2:00 - 4:00 pm Thursdays Mar 10 – Apr 21 \$15 (7 wks) Deadline: Tues. Mar 8

Readers Theatre

If you have always wanted to be a performer, Readers Theatre is for you! Memorization is not needed. Instructor is Dolly Garcia. Bring a highlighter, pencil, and black ½ inch 3 ring 12 x 10 binder to class. Skit performances will be held Thursday Mar 31 & Apr 28. Join the fun!

1:30 – 2:30 p.m.

Tuesdays \$3 (4 wks)

Session I: Mar 8 - 29 Deadline: Mon. Mar 7 Session II: Apr 5 - 26 Deadline: Mon. Apr 4

Tatting

Tatting creates a durable lace by handcrafting a series of knots and loops. Use this lace to adorn your springtime clothing, hats and accessories. Registration for tatting includes registration in "Craft Time" for no additional charge. Instructor: Charlotte Jacobucci.

> 9:15 – 9:45 a.m. Mondays Mar 7 – Apr 25 \$4 (8wks) Deadline: Join any time

Scroll Saw – Introductory Class

A scroll saw is a small electric saw used for cutting intricate curves - great for making toys, puzzles, and elaborate artwork. In the introductory class you will learn the basic techniques of scroll sawing, machine set-up and safety. You will get an opportunity to make a small project. If you can sew a straight line on a sewing machine you can do this. Men and women welcome - limited to 4 people.

Instructor: Bob Kellogg. 10:00 a.m. – 12 noon

Tuesdays Mar 15 – 29 \$25 (3 wks)

Deadline: Fri. Mar 11

Simple Silver

Design your own sterling silver pendant! Create a design, add a stone, and the instructor will solder it together for you. Don Norris has 40 years of experience as a silversmith and has made this process simple enough that if you can write your name you can do this project. Price includes a 20-inch sterling silver chain.

1:00 – 4:00 p.m. Wed. Apr 13 \$32

Deadline: Tues. Apr 12

Technology Lessons (Individual)

Want to learn more about your i-device, iPhone, tablet, Kindle, Android, or other computer devices? Do group lessons not work well for you due to hearing or vision needs? Or do you just need some one-on-one help? Lisa Asmussen is available for private and semi-private sessions. Cost is \$10 per 30 minutes of instruction. Learn with one friend or your spouse for the same price. Book a session at the front desk.

By Appointment 8:00 - 10:00 a.m. Tuesdays Mar 8, 22, Apr 5, 19 \$10 - Pay Instructor

Wood Carving

Learn to carve wood for the first time, or work on an existing project and pick up new techniques from experienced carvers. Call Tony Dill, 303-775-2256 to arrange free beginning instruction. No meeting Mar 1.

8:00 - 10:00 a.m. Tuesdays Mar 8 – Apr 26 25¢ per day Join anytime

Wrapped Rock Jewelry

Learn how to use simple wire bending techniques to make jewelry. Don and Kay Norris will teach how to make simple pendants and necklaces using wire, stones, and copyrighted "Rock Wraps." Each student will make two sterling silver wrapped pendants and copper pieces of their choice. Price includes a 20-inch sterling silver chain for your pendants.

9:00 a.m. – 12 noon Wed. Apr 13

\$32

Deadline: Tues. Apr 12

Writing What You Know

Join us to write the stories of your life. You can write individual stories as you recall them or start from the beginning to write an autobiography. In class you will receive tips to make your writing more interesting, but mostly you will use your own words in your own voice. The best part is listening to the stories of others. Instructor: Shari Coren.

9:30 – 11:00 a.m. Wednesdays Mar 9 – Apr 27

\$15 (8 wks)

Deadline: Tues. Mar 8

Yoga - Adaptive

Adaptive yoga is designed for people living with mobility impairments. Yoga postures are modified to accommodate your needs. Class size limited to 5 - 6 people to ensure individual attention by Karen Vizyak, physical therapist and certified yoga teacher. People in wheelchairs and walkers are especially encouraged to join.

9:00 - 10:00 a.m. Tuesdays

\$32 (4 wks)

Session I: Mar 8 - 29 Deadline: Mon. Mar 7

Session II: Apr 5 - 26 Deadline: Mon. Apr 4

Yoga Participants:

There are now two classes of Beginning and two classes of Continuing Yoga. You can take both the Tuesday and Thursday classes as a beginner OR a continuing Yoga student.

You can not mix beginning and continuing classes.

The instructor reserves the right to request that you transfer

The instructor reserves the right to request that you transfer if she feels you are in the wrong level of Yoga.

Yoga – Beginning A.M.

Are you curious about yoga but worried about taking a class? This basic class will focus on relaxation and breathing, as well as increased range of motion and improved flexibility. Participants should be able to sit on the floor. If you have considerable physical limitations please enroll in Adaptive Yoga.

10:15 – 11:15 a.m.

Tuesdays \$20 (4 wks)

Session I: Mar 1 – 22 Session II: Apr 5 – 26 Deadline: Mon. Feb 29 Deadline: Mon. Apr 4

Yoga – Beginning P.M.

1:45 – 2:45 p.m.

Thursdays \$20 (4 wks)

Session I: Mar 3 – 24 Session II April 7 – 28 Deadline: Wed. Mar 2 Deadline: Wed. Apr

Yoga - Continuing A.M.

Improve your health and flexibility with this continuing yoga class for students who have been in yoga class before. Instructor Carolyn Priola will focus on gentle yoga to increase flexibility, improve range of motion and reduce stress. Participants should be comfortable getting onto floor.

9:00 – 10:00 a.m.

Tuesdays \$20 (4 wks)

Session I: Mar 1 – 22 Deadline: Mon. Feb 29

Session II: Apr 5 – 26 Deadline: Mon. Apr 4

Yoga - Continuing P.M.

12:30 – 1:30 p.m.

Thursdays \$20 (4 wks)

Session I: Mar 3 – 24 Session II April 7 – 28 Deadline: Wed. Mar 2 Deadline: Wed. Apr 6

Center Information & Policies

Senior Advisory Board

The purpose of the Advisory Board is to advise and assist in the needs and operations of Eagle View. The Board will meet Tues. Mar 15 & Apr 19 at 1:00 p.m. Members are: Chuck Phelps, Fran King, Dave Thomas, Peggy Jarrett, Dan Buckner, Lois Burrell, Jane Talbot, Bill Alsdorf, Dave Jacovetta, Heidi Storz, Judy Schissler, and Ellie Davis. JW Edwards is the City Council representative. Visitors are always welcome.

Charitable Contributions

Together we can continue to enhance the great programs and services offered for seniors and active adults in the Brighton area. Your financial support will be recognized on the donor wall at Eagle View. All donations are tax deductible. Make donations payable to: Brighton United Senior Citizens, 1150 Prairie Center Parkway, Brighton, CO 80601. Donor Opportunities for Wall Recognition:

Friend: \$100 - \$499 Memorial: \$100+ Sponsor: \$500 - \$999 Benefactor: \$1000+

Service Dogs

Service animals are defined as dogs that are individually trained to do work or perform tasks for people with disabilities. Only dogs are recognized as service animals. Per Senior Center policy, only service dogs are allowed in the building.

Cancellations Due to Weather

In the occurrence of bad weather, the decision to cancel a class, trip or event will be made by the staff upon the recommendation of the instructor or driver. Trip and class participants will be called if the decision is made to cancel. Watch TV news for VOA lunch cancellations. The decision to close the Center will be made by the City Manager.

Trip and Activity Policies

- Anyone 55 years of age or older is given priority to participate in all center activities and programs.
- If adults age 40 54 want to attend a class, trip, or a space-limited event they will be added to a wait list. Inquire at the EVAC front desk.
- Payment is due at registration. Cash and checks only. Keep your receipt.
- The Center reserves the right to cancel any activity if minimum registration is not met.
- **Refund Policy for Cancellations:**

If the CENTER cancels the activity/trip:

Full refunds will be given.

If YOU cancel BEFORE the deadline date:

Refund of cost, minus a \$4 cancellation fee. If activity charge is \$4 or less, NO refund is given. Allow one week to process refunds.

If YOU cancel AFTER the deadline date:

NO REFUND IS GIVEN unless we can sell your spot. If you can't go on a ticketed trip, **DO NOT** give your space to anyone before checking with Eagle View to see if there is a waiting list. If there is NO wait list, you may give away or sell your trip space. Tell EVAC BEFORE the trip if someone is taking your place, one day notice preferred.

Outreach & Referral

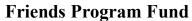
Do you need help and don't know where to turn? Ermie Marquez will assist you with completing forms, help you find needed services, and make home visits to assist homebound people! Ermie is very booked up so please make an appointment by calling 303-655-2079.

Transportation

VIA provides specialized transportation within the City of Brighton. VIA can take you to medical appointments, grocery shopping and Eagle View, to name just a few of the places you can go in Brighton. Call 303-447-2848 x1014 for more information; to schedule rides, call 303-447-9636.

Call-n-Ride - The green bus is an RTD service. Call 303-994-3549 to make a reservation. The driver will pick up and deliver you anywhere within Brighton, Mon - Fri, 6:00 a.m. - 7:00 p.m. Cost is the local RTD bus fare.

Don't Miss This!



ప్రామం ఇక్కువు లక్ష్మిమ లక్ష్ముమ లక్షుముల లక్ష్ముమ లక్ష్ముమ లక్ష్ముమ లక్ష్ముమ లక్ష్ముమ లక్ష్ముమ లక్షుముల లక్ష్ముమ లక్ష్ముమ లక్ష్ముమ లక్ష్ముమ లక్ష్ముమ లక్ష్ముమ లక్షుముల లక్ష్ముమ లక్ష్ముముత్తినిని లక్షుముల లక్ష్ముమ లక్ష్ముముత్విమ లక్ష్ముముత్విమ లక్ష్ముముత్విమ లక్షుముత్విమ లక్ష్ముముత్విమ లక్ష్ముముత్విమ లక్ష్ముముత్విమ లక్ష్ముముత్విమ లక్ష్ముముత్వ

The Senior Advisory Board has established a scholarship fund. The Friends Program Fund provides financial assistance to older adults to participate in programs sponsored by Eagle View Adult Center. The simple application form is available at the front desk. Applications must be approved PRIOR to registering for the event. Donations to the fund are appreciated.

Community Garden Registration

రాశ్వర్లకు రాశ్వ

It's planting time again! Registration for the Eagle View Community Garden beds begins on Fri. Apr 1 at 8 a.m. Registration is first-come, first-served.

Help for Homes Teams

Help for Homes brings volunteers and neighbors together to paint or fix up homes needing minor exterior repairs and perform general yard clean-up for senior and disabled homeowners. We are currently recruiting teams of volunteers to help. Teams may consist of 8 - 10 volunteers. Teams will help paint, repair, clean yards or whatever else is slated for the homes that are selected. Your team can be from your church, your neighborhood, your club, or even your family! We can also set you up to work on a team if you need. Work day is Sat. May 14.

See Sue if you are interested.

Spaghetti Luncheon

For the last 28 years, we have hosted this great community event! Young and old are invited to join us. All proceeds benefit our Senior Games Team. Tickets now on sale!

\$7 adults

\$4 children (12 & under)

11:00 a.m. - 2:00 p.m.

Sat. March 5

Tickets also available at door!!

Free Income Tax Preparation

Free income tax preparation and electronic filing for all Adams County taxpayers with an income of \$56,000 or less. Bring your 2014 completed tax return, photo ID, Social Security card, W-2s, 1099 forms, proof of other income, and deductible expenses. Questions: Adams County Treasurer Office 720-523-6163

9:00 a.m. - 3:00 p.m. No appointments/Drop-in Mondays: Mar 7 - Apr 11 Adams County Gov. Center, 4430 S. Adams County Pkwy Brighton, West entrance.



1150 Prairie Center Parkway, Brighton, CO 80601

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